



*In the name of Allah: the Compassionate, the Merciful*

## سورة نَشْرَحْ

# ALAM-NASHRAH

### Name

The Surah is so designated after the first sentence.

### Period of Revelation

Its subject matter so closely resembles that of Surah Ad-Duha that both these Surah seem to have been revealed in about the same period under similar conditions. According to Hadrat Abdullah bin Abbas, it was sent down in Makkah just after wad-Duha.

### Theme and Subject Matter

The aim and object of this Surah too is to console and encourage the Holy Messenger (upon whom be Allah's peace). Before his call he never had to encounter the conditions which he suddenly had to encounter after it when he embarked on his mission of inviting the people to Islam. This was by itself a great revolution in his own life of which he had no idea in his life before Prophethood. No sooner had he started preaching the message of Islam than the same society which had esteemed him with unique honor, turned hostile to him. The same relatives and friends, the same clansmen and neighbors, who used to treat him with the highest respect, began to shower him with abuse and invective. No one in Makkah was prepared to listen to him; he began to be ridiculed and mocked in the street and on the road; and at every step he had to face new difficulties. Although gradually he became accustomed to the hardships, even much severer ones, yet the initial stage was very discouraging for him. That is why first Surah Ad-Duha was sent down to console him, and then this Surah.

In it, at the outset, Allah says: "We have favored you, O Prophet, with three great blessings; therefore you have no cause to be disheartened. The first is the blessing of *Sharh Sadr* (opening up of the

breast), the second of removing from you the heavy burden that was weighing down your back before the call, and the third of exalting your renown the like of which has never been granted to any man before. Further below in the notes we have explained what is implied by each of these blessings and how great and unique these blessings indeed are!

After this, the Lord and Sustainer of the universe has reassured His Servant and Messenger (upon whom be peace) that the period of hardships which he is passing through, is not very long, but following close behind it there is also a period of ease. This same thing has been described in Surah Ad-Duha, saying: "Every later period is better for you than the former period, and soon your Lord will give you so much that you will be well pleased."

In conclusion, the Holy Prophet has been instructed, so as to say, "You can develop the power to bear and resist the hardships of the initial stage only by one means, and it is this: `When you are free from your occupations, you should devote yourself to the labour and toil of worship, and turn all your attention exclusively to your Lord'." This same instruction has been given him in much greater detail in Surah Al-Muzzammil 1-9.

# The Holy Quran

Solace

Sura # 94 – 8 Verses - Makkah

سورة نَشْرَحْ

## أَلَمْ نَشْرَحْ لَكَ صَدْرَكَ ﴿1﴾

For you	لَكَ	We opened	نَشْرَحْ	Have not	أَلَمْ
				Your breast	صَدْرَكَ

Translit	'Alam Nashrah Laka Sadraka
AhmedAli	کیا ہم نے آپ کا سینہ نہیں کھول دیا
Jalandhry	(اے محمد صلی اللہ علیہ وسلم) کیا ہم نے تمہارا سینہ کھول نہیں دیا؟ (بے شک کھول دیا)
YusufAli	Have We not expanded thee thy breast?—
M.Khan	Have We not opened your breast for you (O Muhammad (SAW))?
Pickthal	Have We not caused thy bosom to dilate,
Shakir	Have We not expanded for you your breast,

## وَوَضَعْنَا عَنْكَ وِزْرَكَ ﴿2﴾

Your burden	وِزْرَكَ	From you	عَنْكَ	And removed	وَوَضَعْنَا
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Translit	Wa Wada`nā `Anka Wizraka
AhmedAli	اور کیا آپ سے آپ کا وہ بوجھ نہیں اتار دیا
Jalandhry	اور تم پر سے بوجھ بھی اتار دیا
YusufAli	And removed from thee thy burden
M.Khan	And removed from you your burden,
Pickthal	And eased thee of the burden
Shakir	And taken off from you your burden,

## الَّذِي أَنْقَضَ ظَهْرَكَ ﴿3﴾

Your back	ظَهْرَكَ	Weighed down	أَنْقَضَ	Which	الَّذِي

Translit	Al-Ladhī 'Anqada Zhhraka
AhmedAli	جس نے آپ کی کمر جھکا دی تھی
Jalandhry	جس نے تمہاری پیٹھ توڑ رکھی تھی
YusufAli	The which did gall thy back?—
M.Khan	Which weighed down your back?
Pickthal	Which weighed down thy back;
Shakir	Which pressed heavily upon your back,

# The Holy Quran

Solace

Sura # 94 – 8 Verses - Makkah

سورة نَشْرِخ

## وَرَفَعْنَا لَكَ ذِكْرَكَ ﴿٤﴾

Your mention	ذِكْرَكَ	For you	لَكَ	And raised high	وَرَفَعْنَا
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Translit	<i>Wa Rafa`nā Laka Dhikraka</i>				
AhmedAli	اور ہم نے آپ کا ذکر بلند کر دیا				
Jalandhry	اور تمہارا ذکر بلند کیا				
YusufAli	And raised high the esteem (in which) thou (art held)?				
M.Khan	And have We not raised high your fame?				
Pickthal	And exalted thy fame?				
Shakir	And exalted for you your esteem?				

## فَإِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٥﴾

The hardship	الْعُسْرِ	With	مَعَ	So verily	فَإِنَّ
				(is) relief	يُسْرًا

Translit	<i>Fa'inna Ma`a Al-`Usri Yusrāan</i>				
AhmedAli	پس بے شک ہر مشکل کے ساتھ آسانی ہے				
Jalandhry	ہاں ہاں مشکل کے ساتھ آسانی بھی ہے				
YusufAli	So, verily, with every difficulty, there is relief:				
M.Khan	Verily, along with every hardship is relief,				
Pickthal	But lo! with hardship goeth ease,				
Shakir	Surely with difficulty is ease.				

## إِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٦﴾

The hardship	الْعُسْرِ	With	مَعَ	Verily	إِنَّ
				(is) relief	يُسْرًا

Translit	<i>Inna Ma`a Al-`Usri Yusrāan</i>				
AhmedAli	بے شک ہر مشکل کے ساتھ آسانی ہے				
Jalandhry	(اور) بے شک مشکل کے ساتھ آسانی ہے				
YusufAli	Verily with every difficulty there is relief.				
M.Khan	Verily, along with hardship is relief (i.e. there is one hardship with two reliefs, so one hardship cannot overcome two reliefs)				
Pickthal	Lo! with hardship goeth ease;				
Shakir	With difficulty is surely ease.				

# The Holy Quran

Solace

Sura # 94 – 8 Verses - Makkah

سورة نَشْرِخ

## فَإِذَا فَرَغْتَ فَانصَبْ ﴿٧﴾

فَإِذَا	So when	فَرَغْتَ	You have finished (your work)	فَانصَبْ	Then stand up (for Allah's worship)
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Translit	<i>Fa'idhā Faraghta Fānṣab</i>
AhmedAli	پس جب آپ (تبلغ احکام سے) فارغ ہوں تو ریاضت کیجئے
Jalandhry	تو جب فارغ ہوا کرو تو (عبادت میں) محنت کیا کرو
YusufAli	Therefore, when thou art free (from thine immediate task), still labour hard
M.Khan	So when you have finished (your occupation), devote yourslef for Allāh's worship.
Pickthal	So when thou art relieved, still toil
Shakir	So when you are free, nominate.

## وَإِلَىٰ رَبِّكَ فَارْغَبْ ﴿٨﴾

وَإِلَىٰ	And to	رَبِّكَ	Your Lord	فَارْغَبْ	Turn (your invocation)
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Translit	<i>Wa 'Ilā Rabbika Fārghab</i>
AhmedAli	اور اپنے رب کی طرف دل لگائیے
Jalandhry	اور اپنے پروردگار کی طرف متوجہ ہو جایا کرو
YusufAli	And to thy Lord turn (all) thy attention.
M.Khan	And to your Lord (Alone) turn (all your) intentions and hopes.
Pickthal	And strive to please thy Lord.
Shakir	And make your Lord your exclusive object.